

## UPCOMING PROGRAMS

### Registration for Summer 2024

Online registration begins Tuesday, May 7th @ 9:00pm  
Out Trips fill up fast for this season. Don't hesitate, register soon!

### Age Well, Live Well With Safe Medications 55+

Monday, May 13 @ 1:30pm - 2:30pm  
#00301617 - FREE

Learn to adapt medications with age, find out optimal dosages and discover proactive steps for personalized healthcare. Presented by Council of Senior Citizens Organizations of BC. Registration required.

### Try-It Disc Golf - 55+

Sunday, May 26 @ 10:00am - 2:00pm  
Try-it FREE

Play from another person's perspective to understand different abilities! Welcome all ages & abilities!  
Change your perspective, break barriers & have fun!  
No registration required.

## UPCOMING OUT TRIPS

- CHILLIWACK TULIP FESTIVAL [2ND TRIP]  
THUR, MAY 2 9:45AM - 3:45PM \$38.00  
#00325573
- AUDAIN ART MUSEUM AND WHISTLER  
MON, MAY 6 9:30AM - 5:00PM \$49.25  
#00301594
- BRITANNIA MINING MUSEUM  
MON, MAY 13 9:00AM - 5:00PM \$66.50  
#00301659
- BUTCHART GARDENS  
WED, MAY 22 7:30AM - 7:00PM  
#00298240 -- \$109.60 [65+] / \$126.60 [55-64]



Call or come in to register - don't wait until the last minute! Even if the program is free, so we can avoid cancelling our fantastic programs.

## SENIORS FACILITY PASS (55+ YRS)

**COST: \$16.00 / YEAR | \$4.30 / DROP-IN**  
**PROVIDES ACCESS TO THE FOLLOWING PROGRAMS:**


ACTIVITY	DETAILS
<b>Chinese Cultural Dance</b> Practice a wide range of popular dances with an opportunity to perform in the community	Wed 1:30-2:45pm Activity Room
<b>Luk Tung Kuen</b> Mild strength, stretch, and range of motion exercises	M-F 7:45-8:45am Gymnasium
<b>Luk Tung Kuen Coffee Hour</b> Relax after Luk Tung and socialize with coffee and snacks	Tue 9:00-10:00am Multi-Purpose Room 1
<b>Tai Chi</b> Gentle form of exercise which puts low stress on the joints and muscles.	Mon & Wed 9:00-9:30am Banquet Hall
<b>Seniors Karaoke Friday</b> Find some rhythm, play some music, and let's get singing some of the best karaoke songs!	Fri 10:00am-12:30pm Banquet Hall
<b>Craft Group</b> Fundraising group that shares ideas and patterns.	Thu 11:00am-1:30pm Multi-Purpose Room 1
<b>Gentlemen in Conversation</b> Meet other men to chat about interesting topics from current events to health, wellness and sports. Coffee and tea will be provided.	2nd/4th Fri 10:30am-12:00pm Community Lounge
<b>Book Club</b> Meet with other book lovers to discuss the latest books.	2nd Mon every Month 2:15-3:45pm Multi-Purpose Room 1
<b>Table Tennis Drop In</b>	Mon: 1:30-5:00pm Thu: 8:15-9:30pm Fri & Sat: 7:30-9:30am



# SENIOR'S <sup>55+</sup> MAY



# MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>FP = Facility Pass</b> <b>F = Free</b> <b>R = Registered Course</b> <b>D = Drop-in Fee</b>			<b>1</b> 7:45am FP Luk Tung 9:00am FP Tai Chi 9:00am R Ballroom Dance 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	<b>2</b> 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball	<b>3</b> 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am FP Gentlemen In Conversation 10:30am R Stay Strong	<b>4</b> 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings	
	<b>5</b> 1:00pm R Pickleball Registered Court Bookings	<b>6</b> 7:45am FP Luk Tung 9:00am FP Tai Chi 11:00am R Better Back & Balance 1:30pm FP Table Tennis	<b>7</b> 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 10:30am R Zumba Gold <b>9:00pm R Summer 2024 Online Registration Begins</b>	<b>8</b> 7:45am FP Luk Tung 9:00am FP Tai Chi 9:00am R Ballroom Dance 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	<b>9</b> 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball	<b>10</b> 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am R Stay Strong	<b>11</b> 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
	<b>12</b> 1:00pm R Pickleball Registered Court Bookings	<b>13</b> 7:45am FP Luk Tung 9:00am FP Tai Chi 10:30am R Name That Tune <b>1:30pm R Age Well With Safe Medications</b> 2:15pm FP Book Club	<b>14</b> 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 10:30am R Zumba Gold	<b>15</b> 7:45am FP Luk Tung 9:00am FP Tai Chi 9:00am R Ballroom Dance 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	<b>16</b> 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball	<b>17</b> 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am FP Gentlemen In Conversation 10:30am R Stay Strong	<b>18</b> 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
	<b>19</b> 1:00pm R Pickleball Registered Court Bookings	<b>20</b> Victoria Day Centre Hours 7am - 7pm 	<b>21</b> 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 10:30am R Zumba Gold	<b>22</b> 7:45am FP Luk Tung 9:00am FP Tai Chi 9:00am R Ballroom Dance 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	<b>23</b> 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball	<b>24</b> 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am R Stay Strong	<b>25</b> 9:30am D Dancefit 1:30pm R Ballroom Int. 3:15pm R Badminton Registered Court Bookings
<b>26</b> <b>10:00am D Try-It Disc Golf</b> 1:00pm R Pickleball Registered Court Bookings	<b>27</b> 7:45am FP Luk Tung 9:00am FP Tai Chi 1:30pm FP Table Tennis	<b>28</b> 7:45am FP Luk Tung 9:00am FP Luk Tung Coffee 10:30am D Pickleball 10:30am R Zumba Gold	<b>29</b> 7:45am FP Luk Tung 9:00am FP Tai Chi 9:00am R Ballroom Dance 10:45am R Line Dancing 1:30pm FP Chinese Cultural Dance	<b>30</b> 7:45am FP Luk Tung 10:30am D Ease Into Fitness 11:00am FP Craft Group 1:15pm R Pickleball	<b>31</b> 7:45am FP Luk Tung 10:30am FP Karaoke 10:30am FP Gentlemen In Conversation 10:30am R Stay Strong		